

"We enhance the careers of our members through professional and personal growth"

WHAT IS THE AUTUMNAL EQUINOX?

Autumn days come quickly, like the running of a hound on the moor. –Irish proverb

The autumnal equinox—also called the September or fall equinox—is the astronomical start of the fall season in the Northern Hemisphere and of the spring season in the Southern Hemisphere.

WHAT IS AN EQUINOX?

The word “equinox” comes from Latin *aequus*, meaning “equal,” and *nox*, “night.” On the equinox, day and night are roughly equal in length. (See more about this below.)

During the equinox, the Sun crosses what we call the “celestial equator”—an imaginary extension of Earth’s equator line into space. The equinox occurs precisely when the Sun’s center passes through this line. When the Sun crosses the equator from north to south, this marks the autumnal equinox; when it crosses from south to north, this marks the vernal equinox.

September 2021

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SOMETHING TO THINK ABOUT

Don't stop until you are proud.



Life on the Weil Side!

Richard F. Weil, MCFE, MCFP Chairman of the Board

Seems Like Only Yesterday “As Good as I Once Was”

Many of you will recognize the “As Good as I Once Was” words/lyrics which was recorded in 2005 by the legendary country singer song writer Toby Keith. Well, that is pretty much how I feel as it really seems like only yesterday that I attended my first IFSEA International Conference in Oahu, Hawaii at the beautiful Hilton Hawaiian Village in August of 1985. So many IFSEA memories since I became a member in 1983 and so happy to sustain so many long-time friends, peers and colleagues. Celebrating my 65th birthday in late August last month and our 41st wedding anniversary as well, gives rise to thanking so many for the great ride that IFSEA has afforded my life.

While the days of the huge conferences with almost 1900 persons attending a military awards dinner most seemingly has past, the importance and relevance that IFSEA can continue to lead in the food service and hospitality industry has a bright future in front of us. While our membership numbers are not the 4000 members from the 1950's, we do have a strong and credible network of food service and hospitality industry leaders.

Not a week goes by that we don't see the importance of our organization in people's lives through our certification programs, involvement in supporting the Military Enlisted Aide of the Year awards through the USO, scholarships, and networking. I see people who earned their certifications that Ed Manley has noted in his article this month from years ago and how important this has become in their lives. I see new people who have become familiar with IFSEA provide their positive stories as well.

I am switching gears as we continue to listen, read and watch the saga of the Pandemic. I don't like politics when it comes to IFSEA at all, but this is not political, this is survival. As a food service advocate and professional, my challenge to every food service professional, no matter what your political opinions are, as an industry, we must do what ever we need to do to stay open, not go backwards and to avoid capacity restrictions. I don't believe for the near and long term that our industry, nor for that matter the consumer, can mentally adjust again to additional closures/shutdowns. Do what we must do to keep our businesses open is really the message here. Again, no politics here, just simple math, zero times zero with customers not being able to come to your restaurants is a zero outcome.

Finally, as we move towards the fall and return of cooler weather, back to school, football and other fall activities, it is important that I turn back to my original statements; “As Good as I Once Was”; a new time is upon IFSEA for new leaders and new members to step up and find out how you can make a difference now and for the future of IFSEA. We will be having our annual meeting on Wednesday October 27, 2021, at 4 PM eastern time and Dave Kinney will be providing the zoom link for this call again but please see the information below as well. I look forward to having new members and existing board members move into additional leadership roles as well.

IFSEA Annual Business Meeting

Join Zoom Meeting

<https://us02web.zoom.us/j/4072493994?pwd=MGNReHhmWTlIWwFjU0RWcU1mTlk5QT09>

Meeting ID: 407 249 3994

Passcode: TL2021



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LOOKING AHEAD WITH MANLEY

Ed Manley, MCFBD, MCFE, CHP President Emeritus



CUSTOMER SERVICE ATTITUDE IS INNATE, NOT TEACHABLE

*While we can teach you technical aspects, we need to start with a friendly, caring person, who likes to please people – be that at home, the office, on the street, or serving food in a restaurant

*Whether you are selling tomato sauce to the restaurant, or pizza to a guest, Customer Service is the same. It starts and ends with you, but may be influenced by your supervisors, if THEY are NOT C. S. friendly. People tend to mirror their leaders

*One of the test questions on our Customer Service certification exam, which comes from The Restaurant Doctor, Bill Marvin, is, “what is the thing most often missing in the hospitality business” – the answer being hospitality. How is that POSSIBLE?

*If the guest loved the experience you provided, they will tip well and come back, even if your service was not perfect. And the opposite is true as well.

*The other aspect of customer service is how you found ways to be different, to WOW the guest, something they’ve never seen. Such as the Waygu Chateaubriand I experienced at a Japanese restaurant in NY City. We ordered the Treasure Box. And with a flourish they pull back the lid, and there is this beautiful 7 oz. steak, which is hidden for a moment by the rising smoke. And for that, you paid \$170. That is \$24 per ounce.

Buy online for \$2.50 per ounce. The difference? Customer Service.

What ELSE was unique? Everyone did everything for everybody. Any of them might ask if you wanted more coffee?

*So what are these magical techniques, which we call a Service Sequence, creating a recipe for the front of the house.

- How many bites should the customer have taken before you ask how the food is?

- How long should they sit at the table before they are greeted?

- If the bill is \$13 and they give you a \$20 bill, do you give them a \$5 and two \$1’s or 7 ones, giving them tipping options.

- Who fixed the problem that made the guest unhappy, the waiter or the waiter said “I’ll get my manager.”

- Bonus thought – no matter your job, get permission to sit in a corner in the dining area and watch the interactions with the guests. If YOU were the manager, what might need attention?

What if you are a good person, very qualified and professional, you just don’t exhibit a friendly personality? Put yourself where your personality fits, as it is hard to fake a personality in a busy restaurant.

Strongly suggest “Human Sigma” 5 min. on YouTube. Gallup’s Chief Scientist reports that only 9% of service employees are engaged. Mirrors much of what we teach in our Customer Service class.

This was also part of a video blog that I presented with National Restaurant Consultants “NRC Helpful Moment on August 16, 2021. <https://restaurantconsulting.us/nrc-helpful-moment-131-customer-service/>

Remember....

“Your Smile is your logo;

Your Personality is your business card;

How you leave others after an experience becomes your Trademark”.

.....something more to think about I believe.

From the Mind of a Millennial

Alysha Brooks, MCFBD, MCFE, CHP
Director of Development



In the August newsletter, I talked about some common issues our team members working in our establishments may face, such as single motherhood and drug addiction. I asked, what can we do to help these individuals and keep their spirits high and get the recovery they need, if necessary? How can we help them grow professionally and personally-toward a mission as an organization- to bring more confidence and education to our industry and the world?

I'm in no way an expert on this subject but have seen and experienced both positive environments and negative. In both circumstances, I saw what worked and what just broke down the employees until they finally just gave up. Here are just a few things I experienced that were helpful and very inexpensive and relatively easy to implement.

First, it's easy, go online or call your local mental health facility and ask for resources for your employees. If they don't have any resources, they should be able to point you in the right direction. This resource can be provided by hanging in a place where employees can see it but can discretely seek the help they need on their own without verbally asking for help.

That's such an easy way to help and free (I mean besides the piece of paper and tiny bit of ink).

Second, the valued employees you have today that are showing up, find a way to show them how much you appreciate them. Right now, may not be a time for pay increases but allowing a free meal (have a limit, that's reasonable), giving all employees a one- or two-week vacation if they choose, have monthly meetings to discuss schedules, ideas, how things are working and whatever else.

Employees are not asking for much in terms of some flexibility. Scheduling as teams may be more beneficial than you may think. People may be able to work shifts for others to have the days and times off they need. You'll find your staff less stressed and happy to come to work. A happy team = happy guests.

Lastly, there are issues in an employee's life that they can't just "leave at home." Want to keep an employee for a long time? Treat them like you'd treat your guests and offer them support. We're so busy worrying about making our guest happy that we forget that our team members have things they can't control that happens and it causes a struggle. Sometimes they feel stressed, upset and angry. Allow them to speak about it at work believing they are still providing your guests exceptional services.

Some of the best places I have worked with is where the employees were friends and enjoyed working together. We became friends by working together and learning to communicate with one another to get through a busy rush. We connected and helped each through personal and professionally struggles. This allowed us to really have a connection during those busy times. This made the environment to work in friendly and team-oriented, the guests saw a difference in how situations were handled and the guests could feel that the staff actually enjoyed working with one another.

Whether you're a large corporation working with one or several teams and departments or you work in a small restaurant with a few people to run the operation, you bring joy to people right now that are trying to find some normalcy. Going out to eat with friends and family is a small treat at this confusing and stressful time.

Want to provide some input?

Join us on our calls, the last Tuesday of every month to talk various ways we can help the individuals in our industry or to share something new happening on your side of the world.

Don't forget to follow us on Facebook, Instagram, LinkedIn and YouTube.

IFSEA and American Diabetes Association (ADA)

This article is published in the September IFSEA Newsletter is being provided to you as part of an initial information piece for IFSEA members and food service operators that this article reaches. This is not a position that the IFSEA board is taking, but merely information for operators to look at as part of their own business decision making for what works for their operations. This letter was sent to the ADA as well. Thank you to Chef Lucio Arancibia, CEC, AAC for your time and dedicated contributions to our industry and to the betterment of people.

The International Food Service Executives Association (IFSEA) is a 120-year (founded in 1901) food service and hospitality industry association that has been an industry wide association aimed at improving the food service and hospitality industry in all phases of the industry from hotels, restaurants, school food service, military feeding throughout the world and more. Between IFSEA and ADA, we have 201 years of rich history, providing valuable resources for people, worldwide, to enjoy a better life. Our work impacts more than America. As a member of IFSEA, I have received permission to reach out to you with an offer of support as a contributing organization in the fight against diabetes – obesity.

At this time, we seek information on initiatives, including Ensure #HealthEquityNOW, that you may have as an organization, so that we might provide resources in educating food service operators and educating consumers as well. There is significant evidence that millions of people have no idea how many calories are in the foods they eat, both in the home and when they dine out in public venues. Thus, we would like to encourage food service operators of all sizes, on a voluntary basis, to provide information for consumers to make more informed choices to help consumers understand more about the food they consume. This could include voluntary calorie and nutritional information for food service operators menus, and this could be accomplished for operators to do this through a \$49 per year subscription program called “Infoodsys” www.infoodsys.net; or other online resources, and the Calorie Count Help Desk, which provides personal services, at no charge.

This is an optional piece that food service operators may believe is a good decision to make, and if we help them see it is feasible to do, we believe many opera-

tors may initiate this type of program helping their guests select healthier choices from the operators menu options, without needing a degree in nutrition to do so.

Along with members of IFSEA who work in health care, I believe my experience of 40 years as an Executive Chef and Food and Beverage Director, at some of the largest operations in the world, gives me an expertise that would be helpful to be heard. Throughout it all, I have never wavered in my conviction that proper nutritional education will reduce this enormous issue. .

The facts are that:

- Around 1.6 million Americans have Type 1 diabetes, including 200,000 youth, and there are approximately 64,000 new cases per year.
- Type 2 diabetes (30 million) is often milder than type 1. But it can still cause major health complications, especially in the tiny blood vessels in your kidneys, nerves, and eyes. Type 2 also raises your risk of heart disease and stroke.
- By 2060, the number of US adults with diagnosed diabetes is projected to almost triple.
- The staggering cost of diabetes according to the ADA - \$327 Billion a year.
- If just 1% of health care expenses were trimmed by reducing excessive care, it would save an estimated \$3.27 billion annually. It costs \$\$ and it costs lives.
- For sure Covid isn't the only pandemic, obesity is another, which kills more slowly.
- It takes 3 miles on a treadmill to work off the calories in one of our favorite burgers; who knew? Trying to lose weight, perhaps a better option is available and still tasty.

Chef Lucio Arancibia, CEC, AAC

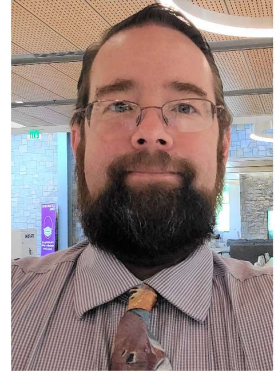
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www.infoodsys.net



JOHN CHAPMAN

John Chapman is a food service manager for Aramark. He joined IFSEA as a very involved student member many years ago, and recently re-joined so he could help us continue to grow and help others. In 2020, John earned IFSEA's Master Certified Food Executive (MCFE), and just recently started the process to get 8 more certifications and Master Certified Food and Beverage Director. He sent me this note this week - I was able to secure a new position at my work, Food Service Manager - Residential. I will be in charge of the front-of-the-house ideas and other duties. I believe that I was able to negotiate my significant salary increase with the help of my MCFE and that I am training for the MCFBD this year. Yes, this group certainly helps people advance. Thanks for all your help.



FORMER MEMBERS COMING BACK – STILL INTERESTED

In addition to the article about John and how the certifications helped, and now he is very involved with us, others keep popping up who may not have been a member but attended the IFSEA Symposiums way long ago. 4-5 people from 15 years ago are contacting me to get re-prints of their certificates, which they've learned ARE important, like I said.

Retired Senior Chief Shawn McGregor is now a Regional Chef with Healthcare Services Group. He was one of the first to earn Master Certified Food Executive back in the 90's. Today he is promoting IFSEA to his company, and he hosted a culinary competition for nursing home chefs, which I was privileged to be a judge and hand out the first place prize. IFSEA provided \$500 for the winners, plus an MCFE test, plus all 6 competitors got a free IFSEA membership.

Among the judges was Chef Steve Afflixio (US. Foods) who was a long-time member, and I think re-joining. The other in the photo was J. W. Marriott Executive Sous Chef Miguel Neira, who I expect will join. The winner was Chef William Clavell with The Windsor of Ocala, a 5-Star property, and he had a giant cheering section chanting, "William, William....." Fun event, IFSEA was well recognized as one of the 3 sponsors.

HCSG is a huge partner of IFSEA's, and we are hard at work to find them chefs and managers from the military and others who get certified with us. They have 56,000 employees in over 4000 locations in 48 states. If you want a job in healthcare we recommend Healthcare Services Group. I can put you in touch with Shawn for details and the jobs.



L-R Ed Manley,
Shawn McGregor, Doug Crisp



IFSEA was a sponsor



Culinary Competition Judges

? Did ? You ? Know ?

P o t a t o e s

Potatoes have been cultivated for food for more than 2,000 years.

In South America

Peru's Inca Indians, it is believed, had cultivated potatoes by 3000 B.C. The Incas had many uses for potato which ranged in size from a small nut to an apple and in color from red and gold to blue and black. They placed raw potato slices on broken bones, carried them to prevent rheumatism and ate them with other foods to prevent indigestion. The Incas also used potatoes to measure time by correlating units of time with how long it took potatoes to grow. The Spanish conquistadores discovered the potato in 1537 and took potatoes with them on their return trip to Europe.

In Europe

Potatoes were thought to be poisonous or evil, were believed to cause leprosy and syphilis and were even regarded as a dangerous aphrodisiac.

Several prominent Europeans helped popularize the potato. Germany's King Frederick William ordered peasants to plant and eat potatoes - or have their noses sliced off!

A Frenchman named Antoine Parmentier was an apprentice pharmacist-turned-soldier during the Seven Years War between France and Germany during the mid- 1700s. As a German prisoner of war, he was forced to subsist on potatoes. In later years, he reportedly introduced potato soup and other potato dishes to King Louis XIV, Marie Antoinette and Benjamin Franklin as well as the general population.

England's Sir Walter Raleigh was given land in Ireland by Queen Elizabeth I to grow potatoes and tobacco. According to one story, Raleigh presented potatoes to the Queen but a bewildered cook served the leaves and threw away the tubers.

In North America

The first potatoes arrived in North America in 1621. Captain Nathaniel Butler, then governor of Bermuda, sent two large cedar chests containing potatoes and other vegetables to Francis Wyatt, governor of Virginia at Jamestown. The first permanent North American potato patches were established in New England around 1719, most likely near Londonderry (now Derry), New Hampshire, by Scotch-Irish immigrants.

Potato field



Continued on page 9

History and origin of Potatoes

Continued from page 8

IDAHO POTATOES

Potatoes were first introduced into Idaho not by a farmer but by a Presbyterian missionary named Henry Harmon Spalding. He established a mission in 1836 at Lapwai, in the state's northern panhandle, to bring Christianity to the Nez Perce Indians. He wanted to show the Nez Perce how to provide food for themselves through agriculture rather than hunting and gathering.

The Indians were probably the ones who made the first commercial sale of Idaho grown potatoes when they traded fresh potatoes for clothing and other goods to settlers traveling west in the wagon trains. Even though Spalding's and the Nez Perce Indians' potato crop was eventually successful, potatoes are no longer farmed in the Lapwai area.

Russets: The Idaho Potato

Nearly all of the potatoes grown within the borders of the state of Idaho used to be one variety, the Russet Burbank.

From New England

The origin of this famous Idaho baker goes back to 1872 and a New Englander named Luther Burbank who kept meticulous records of his garden plantings. He found in his garden a single fruit or seed ball of the potato variety Early Rose. The seed ball contained 23 seeds, all of which he planted and all of which grew and produced tubers. Two seedlings, he thought, did better than the Early Rose parent and one of the two was distinctly better in yield and size of tubers. Burbank felt that this new seedling, which would produce two or three times as much as ordinary potato varieties, should be introduced to the public. He sold the new potato to a J.H. Gregory of Marblehead, Massachusetts, for \$150. Gregory named the variety Burbank Seedling, which later became known as simply Burbank.

To California

Luther Burbank used the money to move to California, taking with him ten tubers that Gregory allowed him to keep. These ten tubers appear to be the nuclear stock of the Burbank variety that was introduced on the West Coast. Burbank's potatoes were a success with more than 6 million bushels being produced in California, Oregon, and Washington by 1906. But Burbank's original potato variety, which was a smooth-skinned long white potato, was still not the slightly rough reticulated-skinned potato that made Idaho famous.

With Help from Colorado

According to Luther Burbank, the Russet Burbank was originated by a Lon D. Sweet of Denver, Colorado, who evidently selected a chance sport, or bud, out of Burbank's variety. Burbank noted, "These potatoes have a modified coat in a way that does not add to their attractiveness. It is said, however, that this particular variant is particularly resistant to blight, which gives it exceptional value."

To Idaho

It was the Burbank variety that was mutated in Colorado which would eventually be known as the Netted Gem or the Russet Burbank. The Russet Burbank also became known as the potato that made Idaho famous.

History and origin of Potatoes

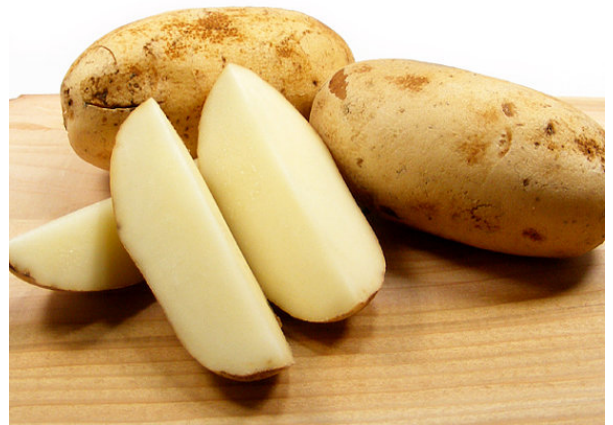
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Idaho's Potato Pioneers

The first substantial potato fields planted in Idaho belonged to Mormon colonists. Historical accounts indicate that their presence in Idaho was partially an accident. As the numbers of Mormon colonists in the Salt Lake Valley increased, they pushed outward seeking new lands. The Mormon farmers had been directed to establish a new colony north of the Salt Lake Valley area in the Cache Valley. Believing they were still in Utah, the new families of settlers began immediately to establish their farms. Potatoes were one of the first items the farmers planted. This is the first recorded planting of potatoes in Idaho in an area where the settlers remained and the crop is still grown to some extent today. The planting was accomplished three years before the Idaho Territory was organized. These first Idaho settlers were pioneers mentally as well as geographically because they had the initiative and willingness to better their conditions regardless of physical hardships and uncertain futures. In the river valleys, where water was easily diverted, and with the rich volcanic-ash soil, these hearty people raised a few more potatoes than they needed and found that the extra potatoes resulted in a good cash crop. From this small beginning, Idaho's farmers set out on the conquest of the potato markets of the United States.



At harvest



Russets ready for the

Recipe Box

Potato Bacon Soup
serves 6



6 slices cooked bacon, crumbled, or more to taste
6 cups peeled and cubed potatoes
4 cups chicken broth, or more as needed
2 carrots, shredded
1 yellow onion, chopped
1 tablespoon dried parsley
1/2 teaspoon celery seed
salt and ground black pepper to taste
2 cups milk
1/4 cup all-purpose flour
4 slices American cheese, cut into small pieces
6 green onions, chopped (optional)

Place cooked bacon in a large stockpot over medium-high heat; add potatoes, chicken broth, carrots, onion, parsley, celery seed, salt, and pepper. Bring mixture to a boil, cover stockpot with a lid, reduce heat to medium-low, and simmer, stirring frequently and slightly mashing potatoes, until potatoes are fully cooked, at least 20 minutes. Add extra chicken broth if needed.

Whisk milk and flour together in a bowl or measuring cup until frothy; slowly pour into soup while constantly stirring. Bring soup back to a simmer and cook until soup is thickened, 3 to 5 minutes.

Remove soup from heat and stir in American cheese until completely melted. Ladle soup into serving bowls and garnish with green onions.

Potato and Cauliflower Casserole
serves 6



2 large potatoes, peeled and chopped
1 head cauliflower, cut into florets
3 tablespoons butter
3 tablespoons all-purpose flour
1 cup heavy cream
1 cup shredded Swiss cheese
salt and pepper to taste

Preheat oven to 350 degrees F (175 degrees C).
Lightly grease a medium casserole dish.

In a pot with enough water to cover, boil the potatoes 10 minutes, or until tender but still firm. Drain, and set aside.

In a pot, place the cauliflower in a steamer basket over boiling water. Steam 5 minutes, until tender but still firm. Set aside.

Melt the butter in a saucepan over medium heat, and whisk in the flour. Gradually stir in the heavy cream until thickened. Remove from heat, and mix in 1/2 cup Swiss cheese until melted. Season with salt and pepper.

Arrange the potatoes and cauliflower in the prepared casserole dish. Pour the cream sauce over the potatoes and cauliflower, and sprinkle with the remaining Swiss cheese.

Bake 20 minutes in the preheated oven, or until bubbly and lightly browned.

Recipe Box

Spinach Potatoes serves 12



2 tablespoons butter
1 large onion, chopped
2 (3 ounce) packages pancetta bacon, finely
chopped 5
large potatoes, peeled and thinly sliced
salt and pepper to taste
1 (10 ounce) package frozen chopped spinach,
thawed and drained
4 cups shredded Mexican cheese blend
1 pint heavy cream

Preheat oven to 350 degrees F (175 degrees C).
Lightly grease a medium baking dish.

Melt the butter in a skillet over medium heat,
and saute the onion and pancetta until onion
is tender and pancetta is cooked through.

Alternately layer the potato slices, salt and
pepper, pancetta and onion mixture, spinach,
and cheese in the prepared baking dish. Pour
the heavy cream over all.

Cover, and bake 1 hour in the preheated oven.
Uncover, and continue baking 30 minutes,
until bubbly and lightly browned.

Potato Bombs serves 6



2 tablespoons olive oil, divided
3 cloves garlic, minced
24 baby red potatoes
1 cup shredded smoked Gouda cheese
1/4 teaspoon onion powder
salt and ground black pepper to taste
1/2 pound bacon, cut into thirds

Preheat oven to 400 degrees F (200 degrees C).

Heat 1 tablespoon olive oil in a skillet over me-
dium; cook and stir garlic until fragrant, about 1
minute.

Place potatoes in a microwave-safe bowl; add 1
tablespoon olive oil and toss to coat. Heat in the
microwave until potatoes are tender enough to
easily poke with a fork, about 6 minutes. Cool
until easily handled.

Slice potatoes in half and scoop filling into a
bowl. Set potato skins aside.

Mash garlic, potato filling, Gouda cheese, onion
powder, salt, and pepper together in a bowl. Fill
potato skins with potato mixture and sandwich
the potato halves together. Wrap a bacon slice
around each filled potato and place on a baking
sheet.

Bake in the preheated oven until bacon is
cooked and crisp, 15 to 20 minutes.

Recipe Box

Fondant Potatoes serves 6



3 large whole russet potatoes
2 tablespoons high-heat-resistant vegetable oil, such as grapeseed oil
salt and ground black pepper to taste
3 tablespoons butter
4 sprigs thyme, plus more for garnish
1/2 cup chicken broth, or more as needed

Cut off ends of russet potatoes, stand potatoes on end, and peel potatoes from top to bottom with a sharp knife to make each potato into a uniform cylinder. Cut each cylinder in half crosswise to make 6 potato cylinders about 2 inches long.

Place potatoes into a bowl of cold water for about 5 minutes to remove starch from outsides; pat dry with paper towels.

Place a heavy oven-proof skillet (such as a cast iron skillet) over high heat. Pour in vegetable oil; heat oil until it shimmers slightly.

Place potato cylinders with best-looking ends into the hot oil, lower heat to medium-high, and pan-fry potatoes until well-browned, 5 to 6 minutes. Season with salt and black pepper.

Flip the potatoes onto the opposite ends. As they

cook, use a paper towel held with tongs to carefully blot out the oil from the skillet. Add butter and thyme sprigs to skillet.

Pick up a thyme sprig with tongs and use it to paint butter over the top of the potatoes. Cook until butter foams and foam turns from white to a pale tan color. Season with more salt and pepper. Pour chicken stock into skillet.

Transfer skillet to preheated oven and cook until potatoes are tender and creamy inside, about 30 minutes. If potatoes aren't tender, add 1/4 cup more stock and let cook 10 more minutes.

Place potatoes on a serving platter and spoon thyme-scented butter remaining in skillet over potatoes. Garnish with thyme sprigs. Let cool about 5 minutes before serving.

RANdom STuff

My friend Jack claims
that he can communicate
with vegetables.

Jack and the beans talk.

WHY ENGLISH IS HARD TO LEARN

We'll begin with box; the plural is boxes,
But the plural of ox is oxen, not oxes.
One fowl is a goose, and two are called geese,
Yet the plural of moose is never called meese.

You may find a lone mouse or a house full of
mice, But the plural of house is houses not hise.
The plural of man is always men,
But the plural of pan is never pen.

If I speak of a foot, and you show me two feet,
And I give you a book, would a pair be a beek?
If one is a tooth and a whole set are teeth,
Why shouldn't two booths be called beeth?

If the singular's this and the plural is these,
Shouldn't the plural of kiss be ever called keese?

We speak of a brother and also of bretheren,
But though we say mother, we never say methren.
Then the masculine pronouns are he, his and him;
But imagine the feminine...she, shis, and shim!

THINGS NOBODY
SAID IN THE 80S...



www.facebook.com/80to90

"I lost my phone"

*I tried cooking wth wine
last night ...
After 5 glasses I forgot
why I was in the kitchen*

Some of the Healthiest Foods on Earth

Excerpted from Healths Guardian.com

Spinach

Spinach is a high nutrient flowering plant, it has nutrients and antioxidants, and helps you to be healthy. It contains a large source of vitamin A, C, K, B2, iron, calcium, potassium, and magnesium. It also contains a rich source of niacin, zinc, protein, fiber, vitamin E, thiamin, vitamin B6, phosphorus and copper. Spinach, loaded with good things, helps your body to keep cholesterol from oxidizing and protect your body from free radicals, 6, 7, particularly in the colon. The consuming of spinach food plays a great role for your skin, bone health and the hair.



Benefit of spinach

Spinach contains a high source of vitamins. It has a powerful antioxidant that boosts skin health and immune function and reduces the risk of chronic disease. This produces oil in the skin pores and hair follicles to moisturize the skin and hair.

This flower leafy vegetable is high in beta-carotene and lutein, these two types of antioxidants help to reduce the risk of cancer. Beta-carotene decreases the risk of asthma.

Spinach is the great food to maintain diabetes. Spinach contains alpha-lipoic acid, this antioxidant can monitor the glucose and insulin level in your blood.

Low potassium is a great factor to develop high blood pressure as high sodium intake. Spinach is a high source of potassium that helps to reduce the bad effect of sodium and level the sodium scale.

Spinach contains a high amount of zeaxanthin and lutein that helps to prevent macular degeneration, and cataracts which is the leading cause of blindness.

Factor C0-Q10, This plays an important role to prevent and treat many cardiovascular diseases like hyperlipidemia, heart failure, hypertension, and coronary heart disease.

Spinach contains a high intake of folate and vitamin k that helps to promote hormone production of our nervous system. Consuming spinach on a regular basis makes your brain young and active especially during old age.

September is...



September is the ninth month of the year in the Julian and Gregorian calendars, the third of four months to have a length of 30 days, and the fourth of five months to have a length of less than 31 days. In the Northern Hemisphere September is the seasonal equivalent of March in the Southern Hemisphere.

In the Northern hemisphere, the beginning of the meteorological autumn is on 1 September. In the Southern hemisphere, the beginning of the meteorological spring is on 1 September.

September marks the beginning of the ecclesiastical year in the Eastern Orthodox Church. It is the start of the academic year in many countries, in which children go back to school after the summer break, sometimes on the first day of the month.

September (from Latin *septem*, "seven") was originally the seventh of ten months on the oldest known Roman calendar, with March (Latin *Martius*) the first month of the year until perhaps as late as 153 BC. After the calendar reform that added January and February to the beginning of the year, September became the ninth month, but retained its name. It had 29 days until the Julian reform, which added a day.



Ancient Roman observances for September include *Ludi Romani*, originally celebrated from September 12 to September 14, later extended to September 5 to September 19. In the 1st century BC, an extra day was added in honor of the deified Julius Caesar on 4 September. *Epulum Jovis* was held on September 13. *Ludi Triumphales* was held from September 18–22. The *Septimontium* was celebrated in September, and on December 11 on later calendars. These dates do not correspond to the modern Gregorian calendar. In 1752, the British Empire adopted the Gregorian calendar. In the British Empire that year, September 2 was immediately followed by September 14.

September was called "harvest month" in Charlemagne's calendar. September corresponds partly to the *Fructidor* and partly to the *Vendémiaire* of the first French republic. On Usenet, it is said that September 1993 (Eternal September) never ended. September is called *Herbstmonat*, harvest month, in Switzerland. The Anglo-Saxons called the month *Gerstmonath*, barley month, that crop being then usually harvested.

September's birthstone is the sapphire.

The birth flowers for September are the forget-me-not, morning glory and aster.



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FLASH BACK

2012 San Diego Conference



Peggy Nakamoto, John Williams, Nancy Miura (Aloha Hawaii Branch members)



John DeJong, Richard Weil, Lorri Davidson,
Brian Kunihiro, Dave Kinney, Colin Sendall



Dave & Cindy Kinney, Lorri Davidson and husband Dale

FLASH BACK

2011 Shaumburg Illinois Conference



Colin and Karla Sendall



Aloha Hawaii contingent – John Williams,
Michele Maeda, Chantal Weaver,
Gwen Ishizu, Brian Kunihiro



Bob Balance receiving his DODG Award



Everything you need to know about potatoes but didn't know you needed to know

A diet of potatoes and milk will supply all nutrients the human body needs.

Potatoes exposed to bright light develop green patches. This green skin contains the toxin 'solanine' which can cause cramps, headache, diarrhea, and fever. The solution is simple. Don't eat the green skin - simply remove it - the solanine is only present in the green skin and any discoloration underneath it - the rest of the potato is completely safe to eat.

Apples, pears and potatoes dropped in cold, lightly salted water as they are peeled will retain their color.

Dry mealy potatoes have a high starch content and their cells separate so they make good mashed or baked potatoes. (example: Russet potatoes)

Waxy moist potatoes have a lower starch content and higher sugar content, so are 'stickier' and are best for boiling, scalloped, and potato salad. (ie: Red skin potatoes)

If you are not sure which type you have, put one in a brine of one part salt to 11 parts water (11 fl oz water and 2 TB salt). Waxy potatoes float, mealy potatoes will sink.

Yellow fleshed potatoes contain more vitamin C than white fleshed potatoes.

Potatoes that are stored below 40 degrees F. will become sweeter, but when returned to room temperature, will consume the excess sugar through normal respiration.

How to Get Softer Skin on a Baked Potato Lightly rub potato with oil or softened butter before baking.

How to Make a Faster Baked Potato

Half-Baked Potato: Split a medium-sized baked potato lengthwise in half and brush cut sides with olive oil. Bake, flat sides down, on well-greased baking sheet in 375°F oven for 25 to 35 minutes or until tender and crusty on bottoms.

TYPES OF POTATO

NEW POTATOES: Most frequently used to describe those freshly harvested and marketed during the late winter or early spring. The name is also widely used in later crop producing areas to designate freshly dug potatoes which are not quite fully matured. Best used for boiling or creaming. They vary widely in size and shape, depending upon variety, but are likely to be affected by 'skinning' or 'feathering' of the outer layer of skin. This skinning usually affects only their appearance.

GENERAL PURPOSE POTATOES: Includes the great majority of supplies offered for sale in the markets, both round and long types. With the aid of air-cooled storages, they are available year-round. They are used for boiling, frying and baking, although many are not the best for baking.

BAKING POTATOES: Both variety and area where grown are important factors affecting baking quality. The Russet Burbank, a long variety with fine, scaly netting on the skin is the most widely grown and is the best known.